

Full Report (All Nutrients) 11010, Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt

Report Date: July 04, 2017 19:19 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 168g	1 package (9 oz), yields 240g	0.333 package (9 oz) yields 80g
Proximates							
Water	g	86.50	--	--	145.32	207.60	69.20
Energy	kcal	45	--	--	76	108	36
Energy	kJ	188	--	--	316	451	150
Protein	g	3.11	--	--	5.22	7.46	2.49
Total lipid (fat)	g	0.50	--	--	0.84	1.20	0.40
Ash	g	0.71	--	--	1.19	1.70	0.57
Carbohydrate, by difference	g	9.18	--	--	15.42	22.03	7.34
Fiber, total dietary	g	4.6	--	--	7.7	11.0	3.7
Sugars, total	g	0.84	--	--	1.41	2.02	0.67
Minerals							
Calcium, Ca	mg	21	--	--	35	50	17
Iron, Fe	mg	0.56	--	--	0.94	1.34	0.45
Magnesium, Mg	mg	31	--	--	52	74	25
Phosphorus, P	mg	61	--	--	102	146	49
Potassium, K	mg	264	--	--	444	634	211
Sodium, Na	mg	53	--	--	89	127	42
Zinc, Zn	mg	0.36	--	--	0.60	0.86	0.29
Copper, Cu	mg	0.061	--	--	0.102	0.146	0.049
Manganese, Mn	mg	0.273	--	--	0.459	0.655	0.218
Selenium, Se	µg	0.2	--	--	0.3	0.5	0.2
Vitamins							
Vitamin C, total ascorbic acid	mg	5.0	--	--	8.4	12.0	4.0

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Thiamin	mg	0.062	--	--	0.104	0.149	0.050
Riboflavin	mg	0.158	--	--	0.265	0.379	0.126
Niacin	mg	0.915	--	--	1.537	2.196	0.732
Pantothenic acid	mg	0.200	--	--	0.336	0.480	0.160
Vitamin B-6	mg	0.087	--	--	0.146	0.209	0.070
Folate, total	µg	119	--	--	200	286	95
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	119	--	--	200	286	95
Folate, DFE	µg	119	--	--	200	286	95
Choline, total	mg	29.2	--	--	49.1	70.1	23.4
Betaine	mg	0.1	--	--	0.2	0.2	0.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	1	--	--	2	2	1
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	7	--	--	12	17	6
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	11	--	--	18	26	9
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	394	--	--	662	946	315
Vitamin E (alpha-tocopherol)	mg	0.16	--	--	0.27	0.38	0.13
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	12.6	--	--	21.2	30.2	10.1
Lipids							
Fatty acids, total saturated	g	0.119	--	--	0.200	0.286	0.095
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.005	--	--	0.008	0.012	0.004

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 168g	1 package (9 oz), yields 240g	0.333 package (9 oz) yields 80g
14:0	g	0.005	--	--	0.008	0.012	0.004
16:0	g	0.099	--	--	0.166	0.238	0.079
18:0	g	0.010	--	--	0.017	0.024	0.008
Fatty acids, total monounsaturated	g	0.015	--	--	0.025	0.036	0.012
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.015	--	--	0.025	0.036	0.012
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.216	--	--	0.363	0.518	0.173
18:2 undifferentiated	g	0.157	--	--	0.264	0.377	0.126
18:3 undifferentiated	g	0.059	--	--	0.099	0.142	0.047
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0